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Web Links

GMA Programs Page

Link to our programs page for information about all of our programs and to sign-up online.

GMA Forms Page

Link to our forms page and complete your season's forms online.

GMA Meet Information Page

Link to our team meet information page to sign-up for meets today.

GMA Family Education Page

Link to our family education page to review online articles about helping your swimmer succeed every day.



GOOD LUCK PATRICK!

The Green Mountain Aquatics swimming family wishes GMA (Upper Valley) teammate Patrick Murphy and GMA-Upper Valley Head Coach Brian King GOOD LUCK at the USA Swimming Olympic Trials at the Quest Center in Omaha, Nebraska. Patrick will be competing in the 100 Backstroke. Prelims for this race will take place on Monday, June 30th. Your GMA teammates are cheering for your Patrick and we are ALL so proud of you! To see video footage of the Olympic Trials pool at the Quest Center follow this link: <http://swimming.flocasts.org/videos/play/66255>

Great Job Long Course Racers

Congratulations to our GMA athletes who have recently competed in long course meets. Our athletes have raced really well in the unfamiliar long course pools! We have seen most of our athletes achieve personal best times and try new races. Our athletes have shown great courage and spirit in their racing. WAY TO GO GMA!

The coaches have observed that our athletes tend to race their BEST when:

- They have attended practices regularly and have invested good focus and energy into their practices.
- They are well-rested.
- Their families are able to provide well-planned travel and lodging arrangements.
- They utilize warming up and warming down procedures properly throughout the entire meet.
- They know what events they are racing and have set some goals for each race.
- They have plenty of healthy food to eat and cool drinks to consume throughout the entire session of the meet.
- They are able to rest in bed between trials and finals.
- They have lots of teammates at the meet to cheer them on!

Please let us know what we can do to ensure that ALL of our GMA athletes are able to race under these ideal conditions.

GMA Handbook

Link to our team handbook posted on the team website to read more about the GMA team philosophy.

Contact Us

<http://www.gmaswim.com>

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Head Coach

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Important Dates and Reminders for GMA-Burlington



Please mark your calendars for the following important dates:

- Monday, June 30th, 2008: GMA Olympic Trials Party at Saint Michael's College from 7:45-9:00 p.m. GMA will provide pizza and ice cream. Athletes are asked to bring a healthy drink (water, juice, milk) for themselves.
- Friday, July 4th, 2008: NORMAL PRACTICES! Please attend!
- July 17th – July 21st, 2008: GMA Team Travel Trip Speedo Championship Meet at Penn State. \$450.00 per person if rental van is needed. \$350.00 per person if rental van is not needed.

Long Course Focus Meets and Long Course Training Opportunities

All of our GMA long course athletes are preparing for the upcoming long course championship meets. The meet sequence is as follows:

July 10th-13th SSA Age Group Qualifier Meet in Dover, NH
(for athletes who do not have qualifying times for the New England Age Group Championships Meets)

July 17th – 20th New England 12 and Under Championships in Dover, NH (qualifying times required)

July 17th-20th Speedo Championships (Sectionals) at Penn State
(qualifying times required)

July 25th-28th New England Open Championships at Harvard
(qualifying times required)

July 29th-August 2nd USA Swimming U.S. Open Meet at University of Minnesota
(qualifying times required)

August 4th-8th USA Swimming Junior National Championships at University of Minnesota
(qualifying times required)

August 6th-9th Eastern Zone Championships in Bethesda/ Rockville, MD
(2 qualifying times and application submitted to New England Swimming at Age Group/ Open Championships)

Our GMA athletes have set the following goals in relation to these meets:

1. Place Top 5 as a team at the New England Age Group Championship Meets.
2. Place Top 20 as a team at the Speedo Championship Meet.
3. Score points at the U.S. Open and USA Swimming Junior National Meets.

GOOD LUCK to our GMA athletes! If you work together as a team, we know that you can achieve these goals!

GMA Sectional and National Group members are encouraged to complete 2-3 double training sessions per week during the summer months. The double practices are as follows:

Monday, Wednesday and Friday	3:30-5:30 p.m.
Monday Open Water at Leddy Park	6:00-7:30 p.m.
Tuesday and Thursday	3:30-5:00 p.m.

Double practices, especially during the summer months, allow our athletes to gain an additional edge as they train for their goals. Double training sessions are recommended for all athletes with goals of Sectional level competition and above. Most successful teams require their Sectional athletes to attend 2-3 doubles per week and their National athletes to attend 4-5 doubles per week. Once in college, most successful programs require up to 12 training sessions per week. GMA coaches want our athletes' training to match their goals. Therefore, each athlete will need to determine what their goals are and the role that double training sessions will play in helping them achieve their goals. If you have any questions or concerns about double training sessions, please contact Laura.

GMA Handbook Highlight: Nutrition

Reprinted from "Training Agenda", a USA Swimming Sports Medicine and Science Series

Everything you do influences your performance, but your food choices have the most effect due to the long term and short-term benefits. A proper diet, including the right selection of foods, will help your training and performance and will assist you in achieving a healthy lifestyle once you stop competing. To help ensure a balanced diet, remember that there are no magical nutritional remedies. So forget the fads and eat a variety of wholesome foods from the four food groups – carbohydrates, proteins, fats, and sugars. Food in these groups provides proteins, fats, carbohydrates, fiber, and all the necessary vitamins and minerals.

Your ideal diet should include the following percentage of calories:

Carbohydrate 50%-60%

Fat 20%-30%

Protein 14%-18%

This nutrition series is designed to help you better understand good nutrition and to provide guidelines for ideal food choices. Within sports, there are four major periods that nutrition will impact:

During Training Athletes spend most of their time in training. Therefore, this category represents the most critical period for the athlete. During this time, a diet high in carbohydrates is important. Nutrition for training is important because it is common for National Group athletes to train four or more hours a day and athletes from all other groups to train regularly throughout the week. Athletes can burn from 1500 to 4000 calories per training session. The best way to replenish these calories is with a high carbohydrate diet. By being conscious of this and by consuming high carbohydrate foods or drinks in the first 30 minutes following a workout, you can minimize depletion of energy stores. Replacing fluids during training is also crucial to training effort and overall improvement. It is recommended that swimmers drink 8 to 24 ounces of water two or more hours before training and 4 to 8 ounces of water immediately before the workout. Swimmers should drink 4 to 8 ounces of water every 15-20 minutes during a workout. After training, swimmers should drink at least 24 ounces of water.

Pre-Event Nutrition The major purpose of pre-event diet is to ensure sufficient energy and fluid for the athlete. Two to three days before competition, a high carbohydrate diet with plenty of fluids should be emphasized. The pre-event meal should include a light, high carbohydrate meal three to four hours before the event.

Nutrition During Competition Provided that good nutrition practices were followed during training, middle distance and sprint events will not be limited by nutrition related factors. During a three to four day competition, athletes must be sure to consume plenty of fluids and each meal should include high carbohydrate, low fat

selections.

Nutrition After Competition High intensity work will deplete the muscle's energy supplies. Therefore, carbohydrates play an important role after competition to make sure the energy stores are maintained.

Food Choices The best choices include a well-balanced mixed diet with choices from each of the four food groups. You can get all the nutrients you need by selecting a variety of foods.

For More Information about food choices, please see the GMA Team Handbook, pages 57-61 and the following links on the GMA website:

http://www.gmaswim.com/Family%20Info/Education20072008/fueling_performance.pdf

http://www.gmaswim.com/Family%20Info/Education20072008/fueling_the_body.pdf

<http://www.gmaswim.com/Family%20Info/Education20072008/fluid.pdf>

<http://www.eatright.org/ada/files/Recipes.pdf>

http://www.gmaswim.com/Family%20Info/Education20072008/nutrition_for_recovery.pdf

http://www.gmaswim.com/Family%20Info/Education20072008/protein_carbs_fats.pdf

GMA Team Nutrition Table

Many families may have noticed that the coaches have established a nutrition table in Laura's office. This table is designed for athletes training two or more hours per day. The food on the table should be eaten by these athletes immediately following their training session, prior to leaving for home. The food on the table has been purchased by GMSP, LLC and the cost of this food has not been offset by any fees or charges to our families. Therefore, GMA families are asked to respect the following guidelines pertaining to the nutrition table:

- The nutrition table is for GMA athletes who are training 2 or more hours per day. Please pack a healthy snack from home for siblings of GMA athletes who are watching practices.
- The nutrition table has been established to aid our athletes who are training frequently at high intensities to gain appropriate food for recovery.
- All GMA families are welcome to donate healthy food to the nutrition table. Many thanks to the GMA families who have already donated food including: the Boardman Family, the Grey Family, the Philbrick Family and the Suppan/ Kolodinsky Family.

GMA Team Expansion and Changes

Green Mountain Aquatics is happy to see our GMA-Upper Valley programming expanding under the direction of Head Coach Brian King. Coach King brings a wealth of experience to our GMA athletes. As a former competitor on the Australian National team and with an educational background in sports science, Coach King combines practical experience with empirical knowledge in his coaching. We are thrilled to have Brian King and all of the GMA-Upper Valley swimmers on the team!

GMA families are reminded that GMA is now a TYR-sponsored team. We have recently signed a team contract with TYR that will provide our athletes with many excellent benefits over the years. We ask that ALL GMA swimmers purchase TYR products exclusively starting now. Our GMA athletes will be expected to train and race using only TYR products as of June 1st, 2009. In return, TYR will provide a variety of competition products to our athletes who compete at Speedo Championship Meets and above. We know that TYR offers many excellent quality products at fair prices and we look forward to our full team transition to TYR.

QUOTE: "Limits exist only in your mind."